



National Nutrient Database for Standard Reference  
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Statistics Report 35202, Raspberries, wild (Northern Plains Indians)

Report Date: July 16, 2017 05:35 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<strong>Proximates</strong>													
Water <sup>1</sup>	g	84.48	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Energy	kcal	62	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2007
Energy	kJ	261	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2007
Protein <sup>1</sup>	g	1.12	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Total lipid (fat) <sup>1</sup>	g	0.28	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Ash <sup>1</sup>	g	0.28	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Carbohydrate, by difference	g	13.85	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2007
Fiber, total dietary <sup>1</sup>	g	7.5	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Sugars, total <sup>1</sup>	g	5.54	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Sucrose <a href="#">1</a>	g	0.07	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Glucose (dextrose) <a href="#">1</a>	g	2.43	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Fructose <a href="#">1</a>	g	3.04	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Lactose <a href="#">1</a>	g	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Maltose <a href="#">1</a>	g	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Galactose <a href="#">1</a>	g	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
<b>Minerals</b>													
Calcium, Ca <a href="#">1</a>	mg	36	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Iron, Fe <a href="#">1</a>	mg	0.64	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Magnesium, Mg <a href="#">1</a>	mg	26	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Phosphorus, P <a href="#">1</a>	mg	41	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Potassium, K <sup>1</sup>	mg	175	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Sodium, Na <sup>1</sup>	mg	4	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Zinc, Zn <sup>1</sup>	mg	0.47	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Copper, Cu <sup>1</sup>	mg	0.097	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Manganese, Mn <sup>1</sup>	mg	0.368	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
<b>Vitamins</b>													
Vitamin C, total ascorbic acid <sup>1</sup>	mg	26.4	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Thiamin <sup>1</sup>	mg	0.018	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Riboflavin <sup>1</sup>	mg	0.080	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Niacin <sup>1</sup>	mg	1.030	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Pantothenic acid <sup>1</sup>	mg	0.300	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin B-6 <sup>1</sup>	mg	0.104	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Folate, total <sup>1 a</sup>	µg	5	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Folate, food <sup>1</sup>	µg	5	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Choline, total <sup>1</sup>	mg	9.5	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Betaine <sup>1</sup>	mg	0.5	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Vitamin A, RAE	µg	2	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Carotene, beta <sup>1</sup>	µg	13	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Carotene, alpha <sup>1</sup>	µg	2	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Cryptoxanthin, beta <sup>1</sup>	µg	31	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Vitamin A, IU	IU	50	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Lycopene <sup>1</sup>	µg	0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Lutein + zeaxanthin <sup>1</sup>	µg	130	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Vitamin E (alpha-tocopherol) <sup>1</sup>	mg	0.57	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Tocopherol, beta <sup>1</sup>	mg	0.04	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Tocopherol, gamma <sup>1</sup>	mg	2.22	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Tocopherol, delta <sup>1</sup>	mg	2.40	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Vitamin K (phylloquinone) <sup>1</sup>	µg	6.6	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007

#### Sources of Data

<sup>1</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program, Wave 9j, 2005 Beltsville MD

#### Footnotes

<sup>a</sup> Includes only 5-methyltetrahydrofolate.